



## CROWD PLEASING ROOT ROAST

### Ingredients:

1 bunch baby red Puget Sound Fresh beets  
1/2 lb. Puget Sound Fresh red potatoes  
1/2 lb. Puget Sound Fresh sun chokes  
1 bunch Puget Sound Fresh carrots  
2 Tbsp olive oil  
2 Tbsp maple syrup  
1 Tbsp soy sauce  
1 Puget Sound Fresh apple, cored  
1 Puget Sound Fresh pear, cored  
2 tsp Puget Sound Fresh thyme (4 tsp dry)  
pepper to taste

Preheat oven to 400 degrees. Chop all veggies so they are all about 2 inches in size (beets can be left whole if they are around 2") and put in a large mixing bowl. Pour in olive oil, maple syrup and soy sauce. Add thyme and as much pepper as you like. (More soy for the salt lovers.) Mix all the ingredients until mixed. Transfer to an oven-proof baking dish. Bake about 1 hour. (Check after 40 minutes if your oven cooks fast.) Serve hot as a main course or side dish. This is also good as a cold snack or appetizer.

**From: Kelly Cannon, Full Circle Farm, Carnation, WA**

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

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